

Kelley's Italian Chicken

You'll need: 1-2 packages of boneless, skinless chicken tenders; 1 gallon size Ziploc bag; 1 large bottle of Zesty Italian Dressing; Boil-in-bag rice

Preheat your oven to 350 degrees.

Take your thawed chicken tenders, and place into your Ziploc bag. Shake your dressing vigorously, and pour half of the bottle into the bag with the chicken. Press the air out of the bag, seal and lay the bag flat onto your counter. Marinate the chicken for approximately 45 minutes. (the chicken will appear whitish in color after marinating - this is normal!)

Get a 13" x 9" inch casserole dish, and pour the entire mixture into the dish. You'll have half a bottle of dressing left. Pour ¼ of this over the chicken in the casserole dish. Place into the oven, and bake for 35 - 45 minutes (depending on how your oven cooks).

Remove from the oven, and place the chicken (only) into a hot skillet. Sear chicken for just a couple of minutes on each side. Then, pour the dressing from the casserole dish, as well as the rest of the dressing from the bottle over your chicken.

Turn your stove down to medium to medium-low heat. Cover the skillet, and let simmer until the dressing starts to thicken - about 5 to 10 minutes. Turn off the heat, and move your skillet to a different burner, keeping covered.

Take your boil-in-bag rice, and cook to package instructions. I use 2 (two) bags of rice.

Serve with your favorite vegetable and bread.

**Serves: 3-5 people (3 with one pkg. of chicken/one bag of rice; 5 with two of each)
Total time: approximately 1 hour and 40 minutes**